

NEWSLETTER

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52nd Annual Montana Governor's Conference on Aging September 13-14, 2021

The state-wide virtual event begins on Monday, September 13 with the Pre-Conference on Aging Summit. This is an opportunity to hear information about and provide input into the Aging State Plan, 8:30am-12:00 pm followed by a Creative Meal Planning program offered by Vanessa Young of Thirsty Radish, 2:00-4:00 pm.

The Virtual Conference on Tuesday, September 14, will feature keynote speakers as well as a variety of breakout sessions including one led by our very own Sandy Licence who will speak about Medicare: Making SHIP your Connection to Success, from 11:00am-12:00 pm.

How to attend:

- Join the Kalispell Senior Center by calling 257-1598, or the Bigfork Community Center at 837-4157.
- Watch from home by registering at: https://whova.com/web/mgca_202104/.

LIVES WELL LIVED

Coming soon to



This documentary celebrates the wit & wisdom of adults 75 years old+ who are living their lives to the fullest. Airs in September. Visit <https://www.pbs.org/show/lives-well-lived/> for more information.



Medicare Open Enrollment: Plan Now

- Open Enrollment period is October 15-December 7.
- In September, you will start to receive notices with information about any changes to your coverage for the next year.
- These notices are called an Annual Notice of Change or Evidence of Coverage and are sent to people who have a Medicare Advantage Plan or Part D plan.
- Read your notice and look for any changes to the plan's provider network, the plan's costs, or the list of covered drugs.
- If you don't like the changes, you may want to consider enrolling in a different plan for 2022.

Contact our office at 758-5730 for individualized help. We look forward to hearing from you!

Our Medicare counseling services are funded by the Montana State Health Insurance Assistance Program (SHIP).



Caregiver Corner

One in four older Americans fall each year, many times resulting in hip fractures, broken bones, and head injuries. People who care for their aging parent, grandparent or neighbor can take measures to help them reduce their risk of a fall. Most falls can be prevented and these are some tips that can help:

1. Ensure that rooms are well lit, stairs have secure rails, and bathrooms have sturdy grab bars near the toilet and in the shower.
2. Ask your loved one if they are concerned about falling and encourage them to talk with their health provider for advice if they are experiencing dizziness or balance issues.
3. Find out if your older loved one is having problems remembering to take medications or are experiencing side effects.
4. If having difficulty walking or rising from a chair, recommend that they see a physical therapist to get advice about exercise to improve balance, strength, and gait; or, whether to use a cane or walker.

For more ideas on home safety and to reduce fall risks, visit ncoa.org/FallsPrevention.



Cold Weather is Coming: Get Help with Energy Costs

Agency on Aging can help you with your energy assistance applications beginning October 1st. New this year: a portion of your home's water and/or waste water bills may be covered.

Call 758-5730 to find out more.



BenefitsCheckUp



The Alzheimer's Association **Walk to End Alzheimer's** in Kalispell is scheduled for Saturday, October 2, at the Gateway Community Center. Entertainment begins at 9 am and the Opening Ceremony starts at 10:30 am. To register, go to bit.ly/MTWALKS or call 800-272-3900.

Join the Flathead County Agency on Aging team by calling 758-5730.

Upcoming Events

- **Medicare 101 Classes:** 4th Tues of every month, 1:00-3:00 pm
- **Dining Room** serves lunch, Mon-Fri, 11:30-1:00 pm
- **Advance Directives Workshops:** Sept 17, 12:30-1:30 pm, Bigfork Community Center; Sept 22, 2:30-4:00 pm, Kalispell Senior Center

Volunteer Drivers Needed for Meals on Wheels!

You can make a difference in the lives of people who rely on the home delivered meals for both nutrition and a friendly face to check in with them. If you would like to help, please call 758-5711 for a volunteer application.

Flathead Co. aging services are funded in whole or part under a contract with the Montana Department of Public Health and Human Services, with 43% federal funding and 57% from non-federal sources. The statements herein do not necessarily reflect the opinion of the Department.